

JULY SCHEDULE

Saturday, July 4, 8:30 a.m. FIRECRACKER SPECIAL. (Long 41 mi & 800 ft, Medium 37 mi & 400 ft, Short 25 mi & 300 ft). I'm writing this on Memorial Day. The news tonight showed how, despite warnings about large gatherings, the pressure to once again celebrate a holiday overcame many people and the beaches were crowded and people were out in groups. As I write this July 4th is more than a month away, so who knows where we will be with this crisis then. But I suspect even more people will want to get out and celebrate. The good news is that these routes don't really go to the beach where most of the people will gather. Instead they wind around Long Beach and portions of Orange County on often empty streets. So, if you have the urge to get out and celebrate, today's ride may be just the ticket. Like most of our holiday rides, these are relatively short and easy. I suppose that is to give you time to get home and celebrate the holiday in other ways. The long and the medium are the same as they wander around the Long Beach area until they eventually stop in Long Beach or Belmont Shores for lunch. The long makes a run up to Signal Hill (for a nice view from the park up there) before returning to the start while the medium heads more directly back. The short is pretty much a shorter version of the long and medium, riding in the same area. The long has only about 800 feet of climbing and that includes Signal Hill, so you can imagine how flat the medium and short are. They are all short enough that you should get home in time to watch some fireworks (if there are any this year) or barbecue in the backyard. Just remember that this year having a "safe and sane" 4th of July doesn't just refer to the use of fireworks. **START: EL DORADO PARK in Long Beach.** From San Diego Frwy (405), off & North/East on Studebaker 1 mi. to Park. Park in Library lot on right just before Spring St.

Sunday, July 5 - 8:30 a.m. FLINTRIDGE EXPRESS (Long 56 mi & 4000 ft, Medium 38 mi & 2100 ft, Short 30 mi & 900 ft) We are still in the midst of a holiday weekend. Since the 4th fell on Saturday this year, it is possible many people have tomorrow off (although more likely they had Friday off). In any case, if you rode with us yesterday or even if you didn't – let's keep the holiday rolling with a nice ride today. These are nice routes which offer a wide range of options. Although none of the routes is excessively long, the long route does include some difficult climbing. But the medium and short routes provide easier options. At 4000 feet of gain in only 56 miles the long does indeed have a lot of climbing. And it's not in long mountain climbs. Much of it is in relatively short but very steep climbs. We start off with some hills in Monterey Park. I don't normally think of Monterey Park as a hilly place, but you will be surprised. Then we head over to La Canada/Flintridge and ride up Crown and Starlight Crest. This is very steep, but take it slow and bring low gears and you can do it. The heavy climbing is over after Flintridge, but there is another good climb in Pasadena and a final hill back in Monterey Park. The medium is somewhat easier. The medium skips the hills in Monterey Park and takes a less hilly route over to Flintridge, but it doesn't miss all the fun. Once in Flintridge, the medium riders go down Chevy Chase to Eagle Rock before returning to the start. Then there is always the short route. It hardly does any hills at all. It doesn't go to Flintridge. It spends a relatively flat day in Alhambra, South Pasadena, San Marino, Arcadia and Pasadena. Sounds like we have something for everyone to round out your holiday weekend. So once again, join us for a safe and sane celebration. **START: BARNES PARK in MONTEREY PARK.** From San Bernardino Frwy (I-10), off & south on Garfield, R - Newmark, L - McPherrin to the Park. Park where you can - we'll meet at corner of McPherrin & Park Ave.

Sunday, July 12 - 7:30 a.m. TRIPLE DAM CENTURY (Full Century 96 mi & 3100 ft. Metric Century 60 mi. & 1700 ft) This is our official century and metric century of the month for July. I've always wanted to see what it would be like to ride the Sepulveda tunnel under LAX, but we can't do that. These routes offer the next best thing – a ride under the runway of the Long Beach Airport. It's not as long as the LAX tunnel and certainly has more of a shoulder. But every time I ride it I half expect a large jet to come crashing through the ceiling. Well, the tunnel comes early in the ride, but the main purpose of these routes is to hit three dams in one ride. The good news is that dams are found on rivers and rides on rivers are usually fairly flat. That's pretty much the case today. So what's the route? Well, we start in Long Beach and head over to the LA River/Rio Hondo bike trails and ride up them to our first dam -- the Whittier Narrows Dam. Then we make our way up the San Gabriel River and up to our second dam – the Santa Fe dam. We ride along the top of that one. After that its on to San Dimas and Puddingstone Reservoir where we ride along the top of our third dam. Voila – 3 dams in one day. Of course Puddingstone is the only one with significant water behind it, but that's Southern California dams for you. We will also have a metric century route for this one as well. The route will only hit the first two dams and then head back. It should be a fairly fast century or metric century so why not come out and join us. BTW, a sharp eyed rider may notice that we go over a 4th dam, but that one doesn't seem to have a name and if a dam doesn't have a name, is it really a dam? **START: EL DORADO PARK in Long Beach.** From San Diego Frwy (405), off & North/East on Studebaker 1 mi. to Park. Park in Library lot on right just before Spring St.

Thursday, July 16 – 7:00 p.m. MONTHLY MEMBERS MEETING. We have been holding these meetings by telephone conference, but in June we held the meeting on Zoom which allowed us to see each other. I thought it went very well. We have decided that this July meeting will also be held on Zoom. June was my first experience with Zoom, but it's very easy to use. I was using the iPhone Zoom app which has some limitations due to screen size, but apps for tablets and for regular computers are available too and with the larger screen size you can see more participants at one time. The basic level is free, so why not download Zoom now and get ready for the July meeting. For the necessary information, contact **Mel Cutler** at cutlerme@earthlink.net We look forward to *seeing* you at the meeting. Bring your own refreshments.

Sunday, July 19 - 8:30 a.m. MALIBU VISTAS (Long 63 mi & 7600 ft, Medium 51 mi & 5300 ft, Short 39 mi & 22000 ft.) "Malibu Vistas," the cycling soap opera was on hiatus last year but now it's back so it is time again for the 9th installment of this annual saga. It is dark times for the club. The Covid-19 pandemic has swept the country and wreaked havoc on the usual club rides. The increasingly unpopular President Danny remains in office but has handled the crisis poorly. At first he had insisted it was nothing to worry about and encouraged everyone to keep riding. But when several members came down with the virus, attendance plummeted and Danny had to admit perhaps the club should shut down for a short time. But with no rides to preside over, this was a blow to Danny's ego, so now he has been advocating a resumption of normal rides even though the virus is still raging. He has now scheduled the annual ride in Malibu and despite their misgivings, a number of riders have shown up. One group of riders wanted to take maximum precautions – they were all wearing masks and they decided to do the long route. Their thinking was that there was a lot of climbing on the long and that would naturally spread the riders out. Sure enough, they all separated on the initial climb up Latigo and were still separated as they did the long downhill on Mulholland to the coast. They did come together for a while at lunch at Neptune's Net, but they all sat apart. After lunch the long climb up Yerba Buena again separated the riders and the final small hills along the coast on the rest of the return kept them apart. A second group was a little less cautious and rode the medium. They didn't wear masks because the medium also goes up Latigo and they felt the separation this would cause would be enough. However, after lunch, it skips the Yerba Buena climb and just does some small hills along the coast back to the start. Therefore the group was together on the return, but President Danny had told them that if they smeared Bag Balm all over themselves, that would protect them. So they weren't too worried. President Danny and his supporters scoffed at the precautions of the others. They rode the short route with no masks and they stayed together all day because the short just goes north up the coast and back only doing some small hills along the way. At the end of the ride, one of Danny's supporters came over to him to thank him for a good ride, but couldn't get the words out before a fit of coughing overtook him. Will Danny get the virus? Will he try taking Bag Balm internally? Come back next year and find out in another exciting episode of "Malibu Vistas." **START: MALIBU CIVIC CENTER.** North on PCH to Malibu (just before hill up to Pepperdine) and Right on Webb Way one block and Right on Civic Center way to Civic Center on Left. We usually park on the street due to farmer's market in the parking lot.

Sunday, July 26 - 8:30 a.m. ORANGE COAST TOUR. (Long 63 mi & 1200 ft, Medium 44 mi & 800 ft, Short 32 mi & 800 ft) We used to ride these routes every summer but for some reason we skipped 2017 and again we skipped last year. I don't know why I didn't schedule them last year because they are a favorite of mine and they make for an excellent summer ride since they mostly stay at the coast. Not only do you stay near the water, but when you cross on the Balboa ferry, you will actually be on the water. The long route does do a loop inland to Old Town Irvine for lunch and this can be somewhat warm, but long riders are usually up for a little hardship. The routes are also fairly flat. So what's not to like? The routes (long and medium) start off with a sort of crazy trip through an exclusive neighborhood on the backside of Sunset Beach. Then we head on down to Newport and our ride on the Ferry. The long then heads over to Old Town Irvine for lunch before a return across Irvine to the start. The medium tours the Back Bay and then heads back more directly to the start. The short also makes a trip to Balboa, but in the opposite direction from the long and medium. It's possible you will pass them going the opposite direction as you ride the ferry. These are really pleasant rides, and should be good even in the heat of summer, so I hope to see a lot of you out. You never know – I might decide to skip this route again next year so it might be two years before you get the chance again. **START: LAKE PARK in Huntington Beach.** From the San Diego Frwy (405), off and south on Beach Blvd. R on Main (Ellis is on left), L on 12th Street to Park.